

# September Activities - Urbana Senior Center

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    www.FrederickCountyMD.gov/aging  
 9020 Amelung St., Frederick, MD 21704    (Lower Level of the Urbana Regional Library)

<i><b>Mondays</b></i> <i><b>9:00-3:00</b></i>	<i><b>Tuesdays</b></i> <i><b>9:00-8:00</b></i>	<i><b>Wednesdays</b></i> <i><b>9:00-3:00</b></i>	<i><b>Thursdays</b></i> <i><b>9:00-3:00</b></i>
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. <b>Activities are subject to change.</b>		<b>Lunch is served every day at Noon.</b> Reservations must be made at least 48 hours in advance.	
<b>1</b>  <b>Closed</b>  <b>Enjoy the holiday</b>	<b>2</b> 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong <b>5:30 *Dinner</b> 6:30 Cards/Games	<b>3</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>	<b>4</b> <b>9:30-10:30 *Breakfast</b> 10:00 Drawing/Painting Group 11:00 Exercise to Video 1:00 Rummikub
<b>8</b> <b>Nutrition Minute Day</b> <b>"Power Up with Breakfast"</b>  <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video <b>1:30 Book Club</b>	<b>9</b> <b>Nutrition Minute Day</b> <b>"Power Up with Breakfast"</b>  11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong <b>5:30 *Dinner</b> 6:30 Cards/Games	<b>10</b> <b>Nutrition Minute Day</b> <b>"Power Up with Breakfast"</b>  <b>9:15 *Yoga</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>	<b>11</b> 10:00 Drawing/Painting Group 11:00 Exercise to Video <b>11:00 Mobile I&amp;A</b> 11:30 Blood Pressure <b>Noon *Breakfast for Lunch</b> <b>12:30 Ask Nurse Steve</b> "Is that Contagious?"
<b>15</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video <b>11:30 *Tai Chi: Basic</b> <b>1:00 *Tai Chi: Advanced</b> <b>1:30 Current Events</b>	<b>16</b> <b>Opening at 3:00 p.m.</b>  Picnic at the Frederick Senior Center  <b>5:30 *Dinner</b> <b>6:30 The Inside Scoop</b> "Whole Grains Session I"	<b>17</b> <b>9:15 *Yoga</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>	<b>18</b> 10:00 Drawing/Painting Group 11:00 Exercise to Video 1:00 Rummikub
<b>22</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video <b>11:30 *Tai Chi: Basic</b> <b>Noon-1:00 Lunch/Open House</b> <b>1:00 *Tai Chi: Advanced</b> <b>1:30 Book Club</b>	<b>23</b> 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong <b>5:30 *Dinner</b> <b>6:30 The Inside Scoop</b> "Whole Grains Session II"	<b>24</b> <b>9:15 *Yoga</b> <b>9:30 Strength Training</b> 11:00 Exercise to Video 1:00 Wii Bowling <b>1:30 *iPad Q&amp;A</b>	<b>25</b> 10:00 Drawing/Painting Group 11:00 Exercise to Video 1:00 Rummikub
<b>29</b> <b>9:30 Strength Training</b> 10:00 Stitching Post 11:00 Exercise to Video 11:30 *Tai Chi: Basic 1:00 *Tai Chi: Advanced <b>1:30 Current Events</b>	<b>30</b> 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong <b>5:30 Bunco Bunco Bunco</b>	<b>September Trips</b>  September 12 Star-Spangled Spectacular Trip September 19 Flight 93 National Memorial Trip New trip registration begins Thursday October 2	